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Letter to the Editor [Herman Lenz] 2

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Opinion

Letters to the Editor

Please clip this letter out and send it to the Hispanic Congress people and lawyers involved in helping the victims of that armed raid by the Feds at Agriprocessors. From what I've seen and read, it looks and sounds like something going on in the old Soviet Union or Communist China. The most outrageous thing about it (as reported in the news) are the Feds pointing guns at unarmed and nonattacking people. Any common citizen would be charged and convicted of "assault" or "Endangerment to others" and sued for a great amount. We'd have to be idiots to believe we have "EQUAL justice in our laws and courts."

How many of those immigrants are guilty of nothing more than doing the work that Americans won't do.

Sincerely,
Herman Lenz
Summer

Dear Editor:
Kudos to all the life guards at the Postville pool! Thank you for knowing and using the names of the children who visit the pool regularly. Thank you for being alert, knowledgeable, and dedicated to safety. Thank you for the long hours you work so that families may have an exciting way to pass the warm summer days.

Postville is truly blessed to have such a dedicated staff at the pool. You are appreciated.

Sincerely,
Apyrl Gorton
Postville

Dashboard dining, eating in the car, doesn't necessarily have to be unhealthy

August has definitely snuck up on us and with the days dwindling before the start of school, many will be taking last minute family vacations. Even if the vacation is only a few hours drive away, almost all of us will roll out the tablecloth, fold the napkins, and set the "table" for food on the go. Unless your travel involves an RV or a limo, that table will probably more closely resemble a dashboard and the tablecloth a paper bag in your lap. Dashboard dining, or eating in the car, doesn't necessarily have to be an unhealthy habit. If planned right, it can be far healthier than some on-the-road alternatives to a quick meal.

Driving, even a short distance, can be boring. And for many, boredom is a big over-

eating trigger. A second trigger to overeat or eat poorly are all the quick-grabs gas stations tempt you with when stopping (again) for gas. Control both these situations by planning ahead and packing lots of healthy snacks for the road. Choose items that are easy to store and eat and will not go bad if left in a warm car for several hours. Healthy, delicious, and family-friendly ideas include: single serving boxes of high protein/high fiber cereal (or pack the whole box for a big family), granola bars, 100% whole wheat mini-bagels for breakfast on the go, a jar of peanut butter, popped microwave popcorn, crackers, single serve applesauce or pudding cups, nuts, and raisins or dried cranberries. Pack a variety of foods to conquer all cravings—

sweet, salty and savory.

If heading out for a longer trip, or if you will be on the road at mealtime, prepare a cooler and plan a picnic at a roadside park. Pack foods in air-tight containers and use plenty of ice in the bottom and top of the cooler. Throw in a bag of baby carrots, cut up celery and other easy to eat veggies, yogurt, lunch meat, wheat bread, cheese, and for dessert fresh fruit and those pudding cups! No room in the car for a cooler? Instead of stopping for lunch at a fast food restaurant; stop at a grocery store. Choose from their fresh deli selections or purchase build-your-own sandwich items such as bread, meat, cheese and a bag of baby carrots. Many stores will gladly rinse fresh fruits for you as well! This will save money and calories for the whole family as well as build family memories of "out of the box" dining.

Keep hydrated on the road with re-usable bottles of water and low-sugar flavor packets. Refill water bottles as needed from water fountains to again save money,



Sarah Brainard Marsh
Health Columnist

calories, and garbage. Many juice boxes can be unrefrigerated, and 100% fruit juice (always check the back of the container for juice content) counts as a fruit serving.

If you do decide to stop for a fast-food lunch, you can still keep it healthy. Order water or skim milk instead of pop, ask for grilled chicken instead of breaded, request all dressing and condiments on the side, choose ham, turkey or chicken for the meat, load on the veggies, or order everyone in the family a kids size. Leave stressors and problems at home when you head out for some time away, but don't leave your healthy

eating plan in the driveway on the way out.

The sunscreen is surely packed away for vacation adventures, but research shows that you can get sunburnt even while riding in the car. The majority of skin cancer occurs on the left side of the body, which correlates to driving while the sun beats in through the window. Start the day by applying sunscreen, even if you will just be riding in car. Take stretch breaks often as well. This will help digestion, reduce eye strain, and release lower back pain. These preventative tips will keep everyone feeling well for the whole vacation!

No late summer trip planned? Spend some time as a family or a stress-relieving weekend alone close to home. Check out local state parks such as: Fort Atkinson State Preserve, Backbone, Yellow River State Forest, Mines of Spain, Pikes Peak, Bush Creek Canyon, and Maquoketa Caves State Park. Many offer camping, picnic areas, nature trails, and other activities such as swimming and canoeing.

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KIM THIES
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Estimate your future Social Security benefits

By Cristina Vital
Social Security District Manager in Dubuque, IA

This month Social Security introduces a new "Retirement Estimator" at www.socialsecurity.gov. Getting a personalized online estimate of your future retirement benefits is now easier than ever before.

The online Retirement Estimator is a convenient, secure and quick financial planning tool that lets workers calculate how much they might expect to receive in Social Security benefits when they retire. The attractive

new feature of this calculator is that it eliminates the need to manually key in years of earnings information. It's so easy to use.

Visit www.socialsecurity.gov/estimator. To get an estimate, you'll need to enter your first and last name, date of birth, Social Security number, mother's maiden name and place of birth. If the information matches our records, then you can enter an expected retirement age and future wages. The Estimator combines this information with the information that

we have on record, including your yearly earnings, to provide a quick and reliable online benefit estimate.

To protect your privacy, only the final retirement estimates are given to you online. The Retirement Estimator does not show your earnings record information on which the final benefit estimate was calculated. And it does not reveal any personal information.

Social Security
CONTINUED ON PAGE 9

THE FAIR OFFERS A RARE OPPORTUNITY FOR ALL OF US!

2 TICKETS HERE

WE ALL GET TO DO SOMETHING TOGETHER FOR A CHANGE!

SO - WHAT'LL WE ALL DO TOGETHER FIRST? SEE THE FLOWER SHOW OR THE QUILT EXHIBIT?

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